

SUMMARY OF EXPERIENCE FOR PADDLESPORT CLIENT DAYS 2010

We require volunteer clients for various BCU and UKCC Coach Assessments.

BCU Level Two – No experience necessary. This afternoon session will take place on flat water/loch.

UKCC Level 2 – No more than 5 days on flat water in canoe or kayak

BCU Level Three Open Canoe or White Water & Moderate Water & 4 Star – Between 2-5 days experience on rivers is necessary. The full day will take place on a grade 2/3 river.

BCU Level Three Sea & Moderate Water & 4 Star – Between 2 – 8 days of experience is necessary. The full day will take place on open water up to force 4 conditions.

BCU Level Three Surf & Moderate Water & 4 Star – Between 2 – 8 days of experience is necessary. The full day will take place on surf up to 3 foot.

Level Five & 5 Star Open Canoe & White Water – Regular experience on rivers and open water (canoe). The days will take place on grade 3 & 4 water. The ability to roll a kayak would be useful!

Level Five & 5 Star Sea – Regular experience on the sea. The days will take place in winds up to force 5 and or tidal waters.

Level Five & 5 Star Surf – Regular experience in surf. The days will take place on a variety of breaks with over 3 foot surf. The ability to roll would be useful!

Dates for the specific courses can be found on our website. We will select people for each course depending on their experience and then email them to ask if they are available to attend.

Whilst the training is free and all equipment supplied, you have to cover the costs of your food and any accommodation as well as any travel costs to get here. The majority of the courses are based at Glenmore Lodge, however the Sea and Surf course will be based away and you will be require to find your own way to the locations and any overnight accommodation.

Please answer the below questions as accurately as possible, the answer will determine your suitability for the clients days. We will contact you by email closer to the course dates if you have been successful.

Name	Age:
Address	
Post Code	
Telephone (daytime)	(evening)
E-Mail:	
Emergency Contact Name & Tel Number	
Please declare any medical conditions, allergies or significant disabilities (This Information will in no way affect your application, it will only be passed to the instructor on the day)	

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How many days experience do you have?		Please write number in box.	
	KAYAK		OPEN CANOE
Flat Water			
Grade 2			
Grade 3			
Grade 4 & above			
	SEA KAYAK		SURF KAYAK
Force 3		2ft Surf	
Force 4		3ft Surf	
Force 5 & above		4ft & above Surf	

If there is a specific course that you would like to be considered for or dates please write below. Please note that we cannot guarantee that you will be chosen.

We strongly advise individuals to take out appropriate cancellation, curtailment & accident insurance

Booking Conditions

- I appreciate that the activity may be hazardous by its nature and I accept a certain element of risk
- I agree to abide by such regulations as Glenmore Lodge may consider advisable
- If signing as a parent/guardian I agree to my child taking part in the activity specified and I have declared any medical conditions that might be relevant.
- I agree to let Glenmore Lodge know if I believe I am not physically fit enough for the activity that I have been selected for.

Signature:

Date:

Please return this form, fully completed to:

Glenmore Lodge, Aviemore, Inverness-shire, PH22 1QU.

Tel: 01479 861 256 Fax: 01479 861 212 or email to Kirsty.murfitt@glenmorelodge.org.uk